

## Abstract of the Disclosure

A swimming aid device is disclosed for wearing on the body and for providing buoyancy, including a size-variable element which is adaptable to the body size and which has a first, 5 releasable closure means whereby the variable body size setting can be adjusted, and has at least one buoyancy element, and wherein the device has a further second, releasable closure means which can be released without altering the set body size adjustment of the size-variable element. Particularly preferred embodiments are a swimming aid device in the form of a jacket and a swimming aid device with a support strap system.

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